NISSEN FUNDO POSTS

URL: <http://patient.info/forums/discuss/i-ve-stopped-taking-omeprazole-at-last-after-almost-10-years-401554>

USER: [**cjb106**](http://patient.info/forums/profiles/cjb106-42907)

Nexium is another proton pump inhibitor so not so very different from Omeprazole except that I believe it can be bought over the counter. I was prescribed Omeprazole some time back and found a big difference depending on who the manufacturer was. If you look at the small print in the leaflets you will see that fillers and coatings can vary a lot and maybe it was one or more of these added ingredients that caused those unpleasant side effects. I too have a hiatis hernia and that is what the Omeprazole was prescribed for, to block acid production. However, I dislike taking drugs and, after quite a bit of trial and error, found that I could control/prevent my symptoms through change of diet. Sugar and sugar alcohols (specifically mannitol) are the main culprits in my case. Chocolate is the worst thing but foods such as watermelon, celery and sweet potato can make me feel very unwell.

I would think very hard before having the fundiplication procedure. It may only be a temporary fix and can cause problems that weren't there before. Take a look at this link http://wb.md/1aNljLE

This is only my opinion and I am not a medical expert but I would try other avenues before this. Try to lose any excess weight you may have. Take regular exercise and look at changing your diet before going for drastic measures. I suffered from reflux for several years before managing to control the symptoms so I know it can be done.

URL: <http://patient.info/forums/discuss/intestinal-metaplacia-at-gastrojunction-512212>

USER:**tom17819**

Hey dhimi29434 please don't worry, there is a soloution, I was diagnosed with Barretts 20 years ago after numerous test and biopsies, terrible stomache pains I was put on Lanzoprosole, and was soon given a fundoplication, the best thing medically I have ever had 100% successful, after the operation the recovery was more uncomfortable than painful, I was up and about one week later, I would recomend this to anyone suffering with GORD, or Barretts, didn't need the lasoprozle 6 months after this! never had it since, I went back a year later and the Barretts had completely dissappeared! never had any problems with relux ever since, the only problem is it's very diffcult to vomit.....if thats a problem then so be it.

If you can have this operation, I would say unresevedly go for it, so worth it, you lose weight too as you can only swallow small amounts of food for a while afterwards, go for it, you won't look back. All the best, take and please don't worry.